

**AMENDMENTS TO SPECIFICATION**

This replacement paragraph will replace all prior versions of the Abstract of the application:

~~The~~ A sports practicing device (10) having a ball (12) with loops of a resilient material (14) connected in a secure manner. The loops of resilient material can be readily manufactured from known materials that are pliable to an extent yet hard wearing. ~~The~~ An elastic cord (16) passes through the loop of resilient material (14) so that the ball (12) is located approximately half way along the length of elastic cord (16) ~~at position (18)~~.